

# January 2019 Group Exercise

All group exercise classes are free for TLRC members. Membership is NOT required to join a class; however, registration fees apply for non-members. For more information, visit the TLRC front desk or [bloomington.in.gov/TLRC](http://bloomington.in.gov/TLRC).

**Group Exercise trial week for Session I in 2019—try any class for free January 7–13.**

**This session runs through February 24.**

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>6 a.m.</b>			Boot Camp— <i>NEW SESSION!</i>		Boot Camp— <i>NEW SESSION!</i>		
<b>8:30 a.m.</b>			SilverSneakers Circuit		SilverSneakers Circuit		
<b>9 a.m.</b>							Trekking Yoga Core
<b>9:30 a.m.</b>		SilverSneakers Circuit	Turf Time for Toddlers SilverSneakers Classic	SilverSneakers Circuit	Turf Time for Toddlers SilverSneakers Classic		
<b>10:30 a.m.</b>		SilverSneakers Yoga	SilverSneakers Yoga	SilverSneakers Yoga	SilverSneakers Yoga		
<b>noon</b>			ZUMBA Gold— <i>NEW DAY!</i>		ZUMBA Gold— <i>NEW DAY!</i>	Beginning Yoga	
<b>5:30 p.m.</b>		Power Yoga— <i>NEW!</i> Cardio Kickboxing	Yoga Stretch	Body Blast Yoga Core— <i>NEW DAY!</i>			
<b>6:45 p.m.</b>		ZUMBA	Core 360	Beginning Yoga Boot Camp	Core 360 ZUMBA		

## ADDITIONAL ACTIVITIES

### EXCEL TAE KWON DO



This class focuses on coordination, discipline and self-confidence in a fun and safe environment. Excel TKD is taught by Master Emeline O'Connor, a 4th-degree black belt with more than 20 years of experience. The ultimate goal at Excel TKD is to mold future black belts into the best martial artists they can be. Instructor: Emeline O'Connor

**Beginner • 150212-A**  
*Tuesdays and Thursdays, 5:30–6:30 p.m.*

**Advanced • 150212-B**  
*Tuesdays, 6:45–7:45 p.m.*  
*and Thursdays, 5:30–6:30 p.m.*

**January 8–February 21**  
**\$55 • Register by 1/13 • For all ages.**

### DROP-IN SOCCER

Sundays, May 20–Dec. 30 • 5:30–7 p.m.  
Admission \$5/player • Free to members

### DROP-IN VOLLEYBALL

Wednesdays, Sept. 5–Dec. 26 • 8–10 p.m.  
Admission \$5/player • Free to members

*For more information,  
please stop by the front desk.*

### Hours:

Mon.–Fri.: 6 a.m.–10 p.m.  
Sat.–Sun.: 7 a.m.–10 p.m.

### Holiday Hours:

December 24: 7 a.m.–1 p.m.  
December 25: Closed  
December 31: 7 a.m.–1 p.m.  
January 1: Closed



btownparks



Twin Lakes  
Recreation Center

**[bloomington.in.gov/TLRC](http://bloomington.in.gov/TLRC)**

# December 2018

The lower level is open for scheduled programming and rentals only.  
Members may request use of the lower level at the front desk.

FREE, ONGOING PROGRAMS FOR ADULTS (ages 50 yrs. and up)					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>9 a.m.</b>	Steady Steppers		Steady Steppers		Steady Steppers
<b>9:30 a.m.</b>		Lap Quilting			
<b>11:45 a.m.</b>			Tai Chi Qigong		
<b>1:30 p.m.</b>			International Folk Dance		Advanced German

Participation in these programs is free and TLRC membership is not required. For more information about programs and services for adults, call 812-349-3720.

## ADDITIONAL ACTIVITIES

### Breakfast Bash

December 6  
8:30–10 a.m.

Registration required.  
Call 812-349-3720  
to register.

*Sponsored by  
Hearthstone Health Campus*

### Legal Counseling

Dec. 3 • 3 p.m. • *FREE*  
by Atty. Tom Bunger  
Call 812-349-3720  
to register.



### Pickleball

M, W, F • 9:30 a.m.–1 p.m.  
Court 4

TLRC membership or  
purchase of a daily  
admission pass  
is required  
to participate.



### Insurance-based Membership Options

The TLRC is a participating fitness facility with the following options. If you would like more information, ask at the front desk or call 812-349-3720. **Look for additional options starting January 1!**



Active&Fit.

[activeandfit.com](http://activeandfit.com)



SilverSneakers  
by First Health

[silversneakers.com](http://silversneakers.com)



Silver&Fit.

[silverandfit.com](http://silverandfit.com)



**TWIN LAKES  
RECREATION  
CENTER**  
CITY OF BLOOMINGTON  
PARKS AND RECREATION

1700 W. Bloomfield Rd.  
812-349-3720

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[btownparks](https://www.instagram.com/btownparks)



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